

Boontjiesop

South African Bean Soup

Boontjiesop is a traditional South African bean soup made with white beans, vegetables, and sometimes meat. It's a hearty and nutritious dish, perfect for any season. This version includes Mambo tea to add a unique depth of flavor.

PREP TIME: 15 minutes (plus overnight soaking)

COOK TIME: 1 hour

1 1/2 C white beans (such as cannellini),
soaked overnight
8 3/4 C water
2 med leeks, sliced
2 med carrots, cubed
1 turnip, cubed
2 celery stalks, sliced
1 onion, chopped

4 tomatoes, blanched, peeled, and
chopped
1 green chili, halved and deseeded
2 cloves garlic, minced
1 bay leaf
2-3 t salt
1 T Mambo tea

DRAIN THE SOAKED beans and place them in a large pot with the water.

BRING TO A BOIL and boil briskly, uncovered, for 10 minutes.

ADD THE LEEKS, carrots, turnip, celery, onion, tomatoes, green chili, garlic, bay leaf, and salt.

REDUCE HEAT, cover, and simmer for 45 minutes to 1 hour, or until the beans are soft.

ADD THE MAMBO TEA and simmer for an additional 5 minutes.

REMOVE THE BAY LEAF and adjust seasoning to taste before serving.